LENNAR®

HOW TO PREVENT CONTRACTING CORONAVIRUS

What can an individual do to prevent contracting Coronavirus or the flu? The top recommendations are to **wash hands frequently** and **do not touch your hands to your mouth and nose**.

Follow these 5 steps to wash your hands the right way.

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another, and throughout an entire community - from your home and workplace to childcare facilities and hospitals.

Follow these five steps every time:

- **WET** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **LATHER** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **SCRUB** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- **RINSE** your hands well under clean, running water.
- **DRY** your hands using a clean towel or air dry them.

Use hand sanitizer when you can't use soap and water.

You can use an alcohol-based hand sanitizer that contains **at least 60% alcohol if soap and water are not available**. Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Additionally, don't be a hero!

Stay home if you are ill, communicate with your manager about working from home, stay away from those who are ill, and be sure that you have a flu shot.